1-Read the text below on 'Adolescence'. Drag the suitable title of each paragraph in its place.

a) relationship with family

b) the nature of adolescence

c) physical changes

d) mental changes

Adolescence

1 Adolescence is the stage of human development after childhood. It is a time of transition - when a young person changes from being a dependent child to an independent adult. It occurs during the teenage years from approximately thirteen to nineteen. Adolescence is an exciting time of discovery and new things, but it can also be stressful and confusing. It is not only teenagers who may be confused – their parents may be too. Their sweet little boy or girl seems to be a different person!

2 The start of adolescence is marked by physical changes. These are caused by changes in hormones, the chemical substances produced by your body. Firstly, there is a noticeable increase in weight and height. This is known as a growth spurt. Typically, girls begin their growth spurt much earlier than boys, even as young as 10 years of age. Boys' growth spurt occurs between 12 and 17 years. The other major physical change is the onset of puberty. Boys' voices 'break' and become lower and deeper.

3 The hormonal changes going on in adolescents cause mental changes too, particularly in the way that teenagers see themselves. Adolescents tend to think they are very important. They think about themselves a lot, so they believe - often mistakenly - that everyone is looking at them and making judgements. They become self-conscious and are easily embarrassed, for example by acne, ugly red spots which appear on the face or neck during the teenage years.

4 As young people move from childhood to adulthood, they start thinking about the world outside their families. On the one hand, they want to be independent and make their own decisions. They don't want to be told what to do. On the other hand, they still need the security offered by their families. They are not yet ready to face life on their own. Friends are extremely important to teenagers. But if a teenager regards his friends as more important than his family, this will cause family conflict.

2-Match the words or phrase on the left with the words with similar meaning on the right.

Word_ Phrase			Word with similar Meaning	
1-	adolescence		A)	physical
2-	change		B)	Spots-acne
3-	worrying		C)	spurt
4-	related to the body		D)	security
5-	sudden increase		E)	Stressful
6-	small round marks on the skin		F)	conflict
7-	related to the mind		G)	period between 13 and 19
8-	feeling of safety		H)	mental
9-	disagreement		I)	Transition

Match the questions about reading the text 'Adolescence' with the answers.

1) How is adolescence described?

2) How is the growth spurt in adolescent girls and boys different?

3) What is acne?

4) How may a teenager's friends become the cause of family conflict?

A) If a teenager considers his friends more important than his family.

B)It is an exciting time of discovery and new things ,but also stressful and confusing.

C)It takes place in girls much earlier than in boys. Girls can begin their growth spurt when they are 10. Boys' growth spurt occurs between 12 and 17 years.

D)Ugly red spots which appear on the face or neck during teenage years.